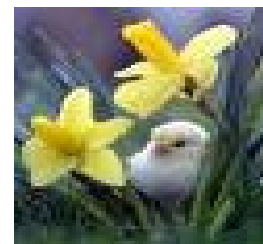




# Sexual Health D&G

**Issue 13**  
**April**  
**2011**

Welcome to Issue 13 of the Sexual Health D&G newsletter. At long last spring is in the air, enjoy the good weather!



## Inside this issue

- \*Cervical screening 2
- \*HIV knowledge declines
- \*Underage sexual activity web resource
- \*Older people's sexual health 3
- \*Parents resources
- \*Life begins at 50! 4
- \*MSM research
- \*Contraception updates 5
- \*Save the Date - WISH 2011
- \*Health behaviours of school aged children 6
- \*Young parents group 7
- \*A Big Nite Out
- \*Young Citizens
- \*Mypod 8
- \*TCI Thursdays
- \*White ribbon campaign 9
- \*Contact us

We'd be delighted to hear your thoughts on our newsletter. Email [dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net) with your comments and suggestions.

## Scottish Attitudes to sex and relationships

Most people in Scotland now take a more relaxed attitude towards when and with whom people have sex, according to new figures from the [Scottish Social Attitudes survey](#). Since 1999, the survey has tracked the views of people in Scotland on a range of social, moral and political issues. Funded by the Nuttfield Foundation, the Economic and Social research Council, the Scottish Government and Human Rights Commission, the survey found that:

Only 13% think that sex before marriage is always or mostly wrong

As many as 55% feel that contraception should be more easily available to teenagers, including those aged under 16

Only 26% say that same sex relationships are 'rarely' or 'never wrong'

A clear majority, 58%, feel that sex between two adults of the same sex is either 'rarely' or 'not wrong at all'. Ten years ago only 37% agreed with these statements

As many as 49% of regular churchgoers feel that sex before marriage is always or mostly wrong

As many as 69% think it is all right for a couple to live together without intending to get married

69% believe that people who want to have children should get married

Ten years ago just over half of Scots (54%) thought that people who wanted to have children should get married. Now only one third of people (36%) think this

Just 36% feel that people who want to have children ought to get married

Regular churchgoers, who count for one in eight of all adults in Scotland, do not share the relaxed attitudes adopted by the majority of Scots

## The Cervical Screening Test Put it on you list

All women in Scotland between the ages of 20 and 60 are offered a cervical screening test every three years. In August 2010 a new set of leaflets was introduced into the national screening programme in Scotland. The leaflets explain what's involved, address reasons why women may not be coming forward for screening and answers questions commonly asked. The leaflets can be downloaded [here](#).



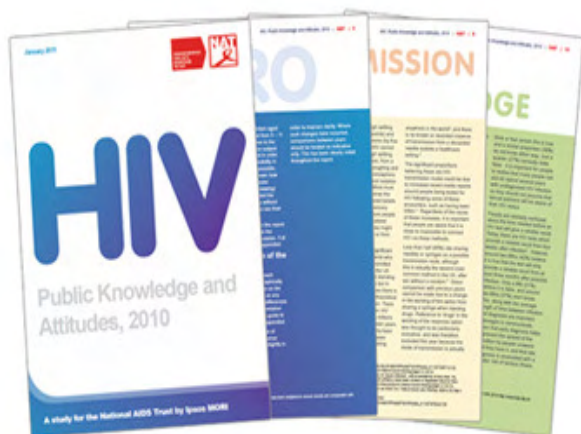
## New web resource for underage sexual activity

New laws around underage sex were introduced on **1<sup>st</sup> December 2010** when the **Sexual Offences Action (Scotland) 2009** came into force. In the same month the Scottish Government produced **National Guidance on Underage Sexual Activity**.

NHS Highland / Highland Council have developed an online guide to dealing appropriately with sexual activity of 13, 14 and 15 year olds, for all staff working with young people.

Available [here](#), this website focuses on the best interests of the young person and acknowledges the complex decision making involved.

## Public knowledge of HIV declines



A recently launched survey from the National AIDS Trust, 'HIV: Public Knowledge and Attitudes 2010' reveals a worrying decline in public knowledge and understanding of HIV in the last decade. Deborah Jack, Chief Executive of NAT explained why research public into public understanding of HIV is important:

“In recent years, general sexual health campaigns have made no reference to HIV and most HIV prevention activities in the UK have been focussed on the most affected communities: gay and bisexual men, and African men and women. But with an increasing number of people outside these

communities becoming infected, looking at more general public understanding is increasingly relevant”.

It is therefore worrying that in 2010 - when 95% of people diagnosed with HIV in the UK are infected through unprotected sex - one in five people do not know that HIV can be transmitted through sex without a condom between a man and woman (the same proportion failed to identify unprotected sex between two men as a transmission route.) As the number of people with HIV in the UK approaches 100,000, it is crucial for everyone to be fully informed of the facts about HIV so they can protect themselves and others.

To read more about the research click [here](#).

## Older people's relationships and sexual health

The sexual health charity fpa recently warned of rising rates of sexually transmitted infection (STI) and poor sexual health in men and women aged over 50. This is going unnoticed, says fpa, because despite many over 50s being sexually active and starting new sexual relationships, campaigns and services are only targeted at the young. Almost 13,000 men and women over the age of 45 were diagnosed with an STI in 2009, double the number in 2000. Last year more men over 45 got genital herpes than 16–19 year old men and over 5,000 men and women over 45 were diagnosed with genital warts. Chlamydia diagnosis in women has also gone up 95% in nine years. Calls to the fpa helpline from older people worried about their sexual behaviour and STIs have shot up by 30% in just three years. Sexual health services and campaigns, says fpa, must be geared towards this age group and not just young people.

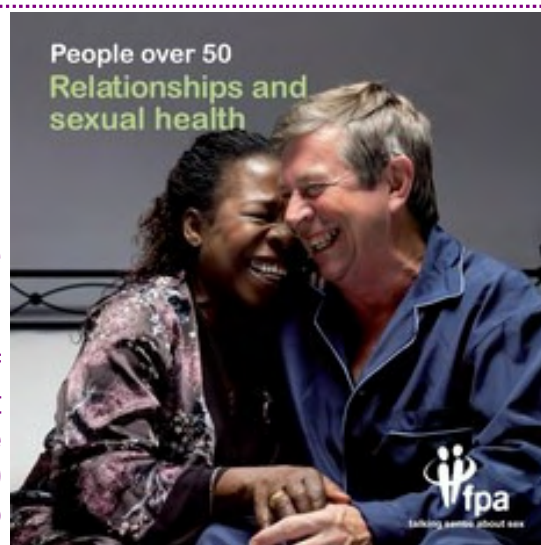
Visit the [fpa website](http://www.fpa.org.uk) for more information.



This **NEW** booklet from fpa is for anyone over 50 who would like to find out more about:

- ♦ Exploring your relationship or starting a new one
- ♦ Looking after your sexual health
- ♦ Health issues for men and women related to sexual wellbeing, such as the menopause or erectile dysfunction
- ♦ How to get help and advice if you need it

The booklet also covers the all important issue of sexually transmitted infections and how to help protect yourself, including practical information on how to use male and female condoms. Telephone 0845 122 8690 for a free copy or for more information log onto [www.fpa.org.uk](http://www.fpa.org.uk).



## Free resources for parents and carers

It is natural that children and young people want to know about growing up, sex and relationships. If parents and carers don't tell them, someone else will. *Speakeasy: talking with your children about growing up* contains



clear, practical information on how to develop the skills, knowledge and confidence parents and carers need to talk about this subject. Preview the book [here](#).

*“Learning Together: A review of sexual health and relationships resources to support parents and carers”* is a CD Rom which details books, DVDs and websites which can support parents and carers in talking to their children about sexual health and relationships. The resource is designed to be used by professionals working with parents and carers to support them to choose appropriate resources.

If you would like a **free** copy of either resource contact Laura Gibson on 01387 272751, or email [lauragibson1@nhs.net](mailto:lauragibson1@nhs.net)



## Life begins at 50! Success for new older people's social group



On Sunday 20th of February 2011, as part of LGBT History Month, Dumfries and Galloway LGBT Centre, in partnership with Age Scotland, DG Voice and NHS D&G, held the first official meeting of their new over 50s social group, at the Catstrand in New Galloway.

The event, which began with an introduction to the project as well as some personal monologues from two members of the Highland Rainbow LGBT Older People's Group, was very well attended, with 15 lesbian, gay, bisexual and transgender people over 50 coming along from the very east of the region, to the very west, and almost everywhere in-between! After brief formalities, individuals chatted and got to know each other over coffee and cake – many had felt very

isolated and for some it was the first time they had ever been able to meet with like minded individuals in a safe and supportive space.

Two participants fed back, *"the event was the best social we have been to in absolutely ages. We felt at home – at homo even! So good to meet lgbt folk from near & far who were prepared to share experiences and engage positively. Thanks to all involved in bringing the day together."*

Everyone who came along agreed that opportunities for people to come together on a regular basis was very important, and suggestions for future activities included picnics, walking (including options for vigorous or gentle walks, as well as dog friendly walks), visiting gardens, pub lunches or coffee meet ups and film nights.

With this in mind, the project steering group will come together to plans next steps for what may end up being a monthly group in the very near future.

**For more information, or if you would like to help organise the group, please get in touch with Grace Cardozo, email [grace.cardozo@lgbtyouth.org.uk](mailto:grace.cardozo@lgbtyouth.org.uk).**



## Engaging with men who have sex with men (MSM) in rural Scotland

Dumfries and Galloway LGBT Centre, in partnership with NHS Dumfries and Galloway, recently undertook a project to identify the issues for MSM, explore how online community engagement can work alongside face to face work and highlight issues for professionals working in rural areas of Scotland who want to improve services for MSM in their area.

Using information communication technologies to deliver online community engagement, the project identified that due to the rurality of the region, MSM in Dumfries and Galloway tend to migrate to other areas to meet sexual partners, access services, study at university and find employment. The project also discovered that MSM living in D&G do not use traditional means to meet same sex partners; a higher percentage will use their online and face to face social networks rather than specific 'gay' dating websites and public sex environments.

In addition, 69.2% have had sex when extremely drunk and 25.6% have had sex when using recreational drugs. 70% have



had sex in a public space and 59% have had sex with a stranger. There were also a few respondents who stated that they have had sex in exchange for money or favours. This shows that there are potential issues for MSM around personal safety.

For MSM in D&G, sexual health is seen as reactive instead of proactive with most accessing testing/clinical services after unsafe sex, with 27.5% saying they would not consider using sexual health clinics. Posters and adverts are seen as ineffective methods of distributing positive messages to MSM about sexual health services.

For more information or a copy of the full report contact Gary Bell at LGBT Youth Scotland, email [Gary.Bell@lgbtyouthscotland.org.uk](mailto:Gary.Bell@lgbtyouthscotland.org.uk).

## Contraception updates

**My contraception tool** is a new and unique tool to help women and men of any reproductive age to choose a method of contraceptive which suits them. It was developed by fpa and Brook and asks a series of questions about contraception in terms of health, lifestyle, circumstances and preferences. The best methods to use are displayed on screen and results can be printed out enabling discussion with your sexual health professional. The toolkit can be found [here](#).



### Contraception for women over 40

Surprisingly, **women over 40** have a similar rate of termination of pregnancy (TOP) to young women under 16. In their July 2010 guidance from the FSRH (Faculty of Sexual & Reproductive Healthcare) acknowledged the important role that combined hormonal contraception (CHC) should continue to play in this age group. CHC not only reduces menstrual loss and pain but helps to maintain bone mineral density around the peri menopause, reduces the risk of colorectal carcinoma and has a protective effect against

endometrial and ovarian cancer which continues for up to 15 years after CHC is stopped. No contraception is contraindicated by age alone although the risks of using CHC in women age 35 or over who smoke generally outweighs the benefits. All CHC (and progestogen only injection) should be stopped by age 50.

Click [here](#) to view this guidance and for advice about all contraception options including information about when to stop contraception.

### Ulipristal Acetate (EllaOne)

Ulipristal acetate (EllaOne) is a selective progesterone receptor modulator (SPRM) licensed for emergency contraception up to 120 hours after unprotected sexual intercourse (UPSI) or contraceptive failure. Current practice is to restrict its use to patients presenting between 72 and 120 hours post UPSI who decline an IUD. There is a potential interaction between EllaOne and hormonal contraception and additional precautions are required following its use. The Faculty of Sexual & Reproductive Healthcare provides further information [here](#).

### Quick Starting Contraception

New guidance on quick starting contraception gives women the option of starting contraception immediately rather than waiting until their next period. Eligibility for this depends on the method chosen and the risk of pregnancy. It also includes guidance on quick starting following emergency contraception and the use of bridging methods to provide cover until the method of choice can be safely started. The guidance can all be found [here](#).

## Save the date! Thursday 15th September 2011



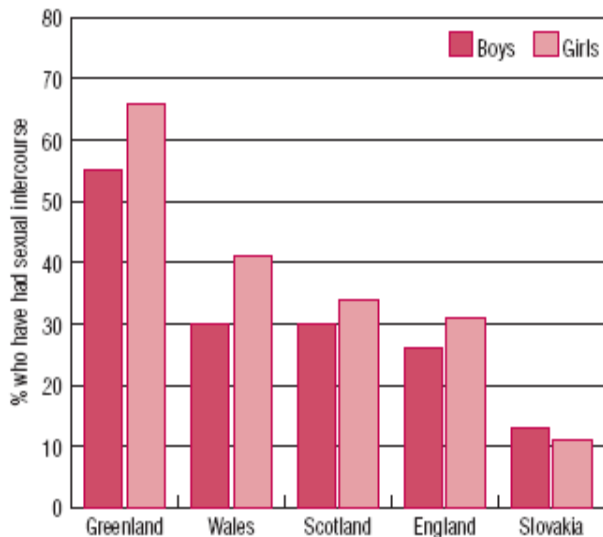
Planning for the annual **West of Scotland WISH Conference** is underway. The conference is suitable for professionals from the West of Scotland who have a remit or interest in sexual health and wellbeing. The proposed theme this year is 'Men: Breaking the barriers'.

To receive the WISH monthly e-bulletin, please email the WISH team at [nhs.healthscotland-wish@nhs.net](mailto:nhs.healthscotland-wish@nhs.net).

# Scottish Health Behaviour in School-aged Children (HBSC) study

The Scottish HBSC study investigates the health and well-being of Scottish school children and the social contexts in which they are growing up. Conducted by CAHRU at the University of Edinburgh, the study collects data from Primary 7, S2 and S4 pupils from all over Scotland every four years. The Scottish HBSC study is part of a larger cross-national study conducted in collaboration with the World Health Organisation (WHO) Regional Office for Europe.

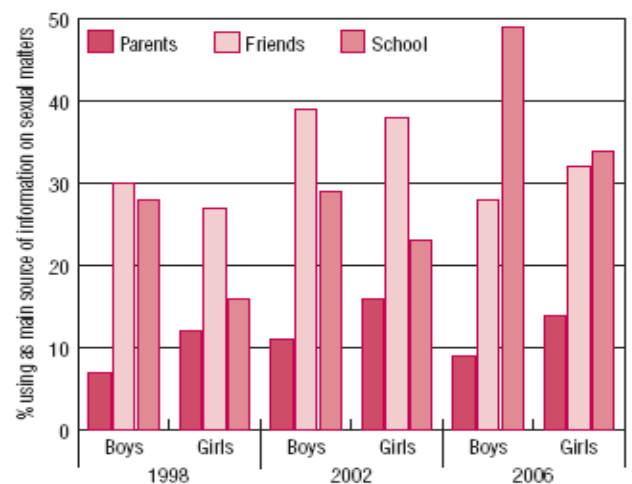
**Figure 1: International comparison of young people's experience of sexual intercourse**



Three briefing papers were produced recently which provide an overview of young people's sexual behaviour at age 15 in Scotland, where they are sourcing sexual health information from and who they find it easiest to speak to about sexual health matters, as well as how they feel about using condoms.

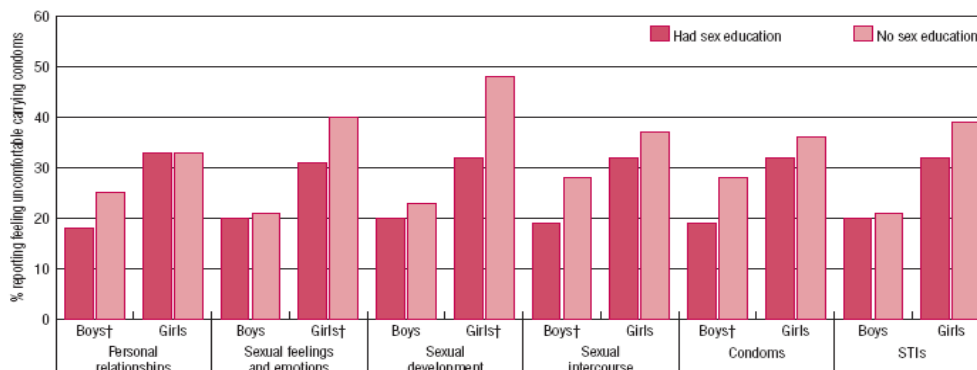
The papers report that approximately two thirds of 15 year olds report never having had sexual intercourse, and of those who have, the most common age of initiation is 14 or 15 years. The most commonly reported used contraception is condoms, with trends of use increased since the previous study.

**Figure 1: Main sources of information on sexual matters among young people by gender (1998–2006)**



Young people report school as being their main source of information on sexual matters, a change from previous surveys which have shown friends to be the main source. Furthermore, young people who report school as their main source of information are less likely to have had sexual intercourse than those who report friends. However young people still report friends as being the easiest to talk with about sexual matters. Emphasis on improving teacher-pupil communication may therefore be of benefit.

**Figure 4: Association between sex education topics and feeling uncomfortable carrying condoms among 15-year-olds**



Girls are more likely than boys to feel embarrassed about buying condoms or uncomfortable about carrying condoms. Pupils who receive sex education are less likely to have negative views about carrying condoms than those who have not received sex education. The briefing papers can be downloaded [here](#).



## Young Parents Group



A new group has been set up in Dumfries for pregnant teenagers.

The aim of the group is to offer peer support to teenage parents and to also give them some practical skills, parenthood knowledge and education of pregnancy and how to care for a newborn baby. The sessions will deliver some practical advice and education

On topics such as:

- ◆ Pregnancy
- ◆ Labour
- ◆ Birthing experience/birth plans
- ◆ Relaxation techniques
- ◆ Newborn and baby behaviour
- ◆ Attachment
- ◆ Crying babies & coping strategies
- ◆ Infant feeding
- ◆ Baby first aid and resuscitation
- ◆ Sudden infant death syndrome
- ◆ Healthy lifestyles
- ◆ Let's cook session
- ◆ Financial & benefit options
- ◆ Contraception

The sessions are fortnightly on Thursday evenings in 'Mum to Mum Drop In' Charlotte Street @ 6pm and both parents are welcome to attend.

It is anticipated that a group for teenage parents will be set up in Wigtownshire in the near future in Park Children's Centre, Stranraer.

For further information please contact: Natalie Potts Specialist Midwife for Vulnerable Families on 01387 241278 or e-mail [natalie.potts@nhs.net](mailto:natalie.potts@nhs.net)

## **Dumfries Community Wardens**

organised a new Easter programme called '**Young Citizens Scheme**', which was held in various venues in North West Dumfries 4<sup>th</sup> – 8<sup>th</sup> April. The aim was to provide information/education on some of the issues that affect young people in this community. Agencies involved included Sexual Health D&G, Fire Brigade, Domestic Abuse, Police, Youth Alive, Anti Social Behaviour, Integrated Substance Service and Queen of the South Football Club. These partners covered the Myths of Sexual Health, hoax calls and fire awareness, domestic abuse & bullying, drug/alcohol awareness, making non alcoholic cocktails, healthy eating, and first aid. Forty five young people participated during the week and it provided an invaluable platform for agencies to engage with them. On the final day, the young people enjoyed a trip around Queen of the South's football grounds, 'Hit & Run' - a role playing presentation on the consequences of acting irresponsibly when in control of a car, and an ice-skating session at Dumfries Ice Bowl. Certificates and goodie bags were presented to the young people by the local community police.



## **A 'Big Nite Out'**

Dumfries High School hosted a 'Big Night Out' for the entire S4 year group (180 pupils). The aim was to provide as much information as possible on issues pertinent to 15/16 years old growing up in today's society. Senior drama pupils presented 2 drama productions to set the scene for the day. The pupils attended 10 workshops on issues such as Sexual Health, Internet Safety, Drugs, Alcohol, Domestic Abuse, Fire Safety, Smoking, Road Safety and First Aid throughout the day. 149 evaluations were returned and 91% stated the day and information provided was either excellent or good. The paramedics and 'Myths of Sexual Health' were the most popular workshops and these were the 2 issues which pupils stated that they would like more information on.





## MY-POD IS COMING !

MY-POD WILL BE TRAVELLING AROUND NITHSDALE AND STOPPING SOMEWHERE NEAR YOU.

FOR INFO CHECK US OUT ON FACEBOOK

[WWW.FACEBOOK.COM/YOUTHWORK](http://WWW.FACEBOOK.COM/YOUTHWORK)

ALL TIMES ARE FROM 7PM - 9PM\*

**My-Pod** is a new **mobile youth centre for Nithsdale**, purpose built for interactive activities. Facilities include large screen TV for film watching, presentations and learning activities, chill out area, large screen computer with internet access, music equipment including DJ station and make up and hair station, information boards and stands.

My-Pod will take youth services into the heart of local communities, 5 nights a week (Tues-Sat). The Council's Community Learning and Development Service in Nithsdale will use My-Pod to target areas that currently have no access or limited access to youth services. The imaginative and innovative my-Pod project captured

support from a range of funders: Dumfries and Galloway Council (Nithsdale Area Committee), The Holyrood Trust, The Big Lottery's, Awards for All and The People's Post Code Lottery Trust.

MARCH			APRIL			MAY			JUNE		
Tues	08/03/11	Troqueer	Fri	01/04/11	Heathhall	Tues	03/05/11	Troqueer	Wed	01/06/11	Kirkton
Wed	09/03/11	Cargenbridge	Sat	02/04/11	Sanquhar	Wed	04/05/11	Calside	Thurs	02/06/11	Thornhill
Thurs	10/03/11	Thornhill	Tues	05/04/11	New Abbey	Thurs	05/05/11	Thornhill	Fri	03/06/11	Heathhall
Fri	11/03/11	Heathhall	Wed	06/04/11	Wanlockhead	Fri	06/05/11	Heathhall	Sat	04/06/11	Sanquhar
Sat	12/03/11	Sanquhar	Thurs	07/04/11	Thornhill	Sat	07/05/11	Sanquhar	Tues	07/06/11	Locharbriggs
Tues	15/03/11	Calside	Fri	08/04/11	Heathhall	Tues	10/05/11	Summerhill	Wed	08/06/11	Kirkcunell
Wed	16/03/11	Kingholm Quay	Sat	09/04/11	Sanquhar	Wed	11/05/11	Kirkcunell	Thurs	09/06/11	Moniaive
Thurs	17/03/11	Moniaive	Tues	12/04/11	Georgetown	Thurs	12/05/11	Moniaive	Fri	10/06/11	Heathhall
Fri	18/03/11	Heathhall	Wed	13/04/11	Auldgrith	Fri	13/05/11	Heathhall	Sat	11/06/11	Sanquhar
Sat	19/03/11	Sanquhar	Thurs	14/04/11	Moniaive	Sat	14/05/11	Sanquhar	Tues	14/06/11	New Abbey
Tues	22/03/11	Cresswell	Fri	15/04/11	Heathhall	Tues	17/05/11	Troqueer	Wed	15/06/11	Wanlockhead
Wed	24/03/11	Kirkton	Sat	16/04/11	Sanquhar	Wed	18/05/11	Cargenbridge	Thurs	16/06/11	Thornhill
Thurs	25/03/11	Thornhill	Tues	19/04/11	Lochside	Thurs	19/05/11	Thornhill	Fri	17/06/11	Heathhall
Fri	26/03/11	Heathhall	Wed	20/04/11	Southernness	Fri	20/05/11	Heathhall	Sat	18/06/11	Sanquhar
Sat	27/03/11	Sanquhar	Thurs	21/04/11	Thornhill	Sat	21/05/11	Sanquhar	Tues	21/06/11	Georgetown
Tues	29/03/11	Locharbriggs	Fri	22/04/11	EASTER	Tues	24/05/11	Calside	Wed	22/06/11	Auldgrith
Wed	30/03/11	Kirkcunell	Sat	23/04/11	EASTER	Wed	25/05/11	Kingholm Quay	Thurs	23/06/11	Dunscore
Thurs	31/03/11	Dunscore	Tues	26/04/11	Terregles	Thurs	26/05/11	Dunscore	Fri	24/06/11	Heathhall
			Wed	27/04/11	Collin	Fri	27/05/11	Heathhall	Sat	25/06/11	Sanquhar
			Thurs	28/04/11	Dunscore	Sat	28/05/11	Sanquhar	Tues	28/06/11	Lochside
			Fri	29/04/11	Heathhall	Tues	31/05/11	Cresswell	Wed	29/06/11	Southernness
			Sat	30/04/11	Sanquhar				Thurs	30/06/11	Thornhill

\* MY-POD WILL BE IN SANQUHAR FROM 5PM - 7PM ON ALL DATES ABOVE

Dumfries & Galloway

AWARDS FOR ALL SCOTLAND LOTTERY FUNDED

YOUTH WORK NITHSDALE Community Learning & Development Service

PEOPLE'S POSTCODE LOTTERY

Supported by Nithsdale Area Committee

The Holyrood Trust

## New Drop in at Summerhill Centre

T.C. Thursdays is a new social group for people over 16 every Thursday from 1 to 3pm. Offering free refreshments, informal social chat, support and advice if needed from different organisations. Free internet access available, practice your Driving Theory and/or CSCS Card, help with updating CVs and lots more. If your own Organisation would like to be involved, please contact Tom at [summerhillcentre@hotmail.co.uk](mailto:summerhillcentre@hotmail.co.uk)

# T.C. Thursdays

**Socialise with others**

**Driving Theory Support**

**Internet Access**

**Basic I.T.**

**Café - free Newspapers**

**CVs & Job board**

**Training opportunities**

**Everyone Welcome**

*Are you over 16 years?  
Need something to do every Thursday?  
Wanna try out something new?  
Then come along!!!!!!  
It's free cuppa / meet others  
Try out what you want!*

**At Summerhill Centre  
1 till 3pm every week**

**H&S CSCS Card Practice & Support**

**Sports???**

**Understand RIGHTS!!**

**Understand Housing issues?**

**Adult Life? Responsibilities**

**New interests: Lots to try!!**

**volunteering**



*If it were between countries, we'd call it a war.*

*If it were a disease, we'd call it an epidemic.*

*If it were an oil spill, we'd call it a disaster.*

*But it's happening to women, and it's just an everyday affair.*

*It is violence against women.*

*It is sexual harassment at work and sexual abuse of the young.*

*It is the beating or the blow that millions of women suffer each and every day.*

*It is rape at home and on dates.*

*It is murder.*

*There's no secret enemy pulling the trigger.*

*No unseen virus that leads to death.*

*It is only men. Not all men, but far too many men.*

Michael Kauffman

White Ribbon Camping Founder Member

The Domestic Abuse and Violence Against Women Partnership (DAVAWP) and White Ribbon Scotland (WRS) have been strengthening their partnership with the aim of involving more men in the work against domestic abuse and violence against women in Dumfries and Galloway.

The first Dumfries and Galloway White Ribbon Night was celebrated in November 2010 with the support of members of local organisations and agencies and Queen of the South FC.

At this event, a number of people interested in tackling domestic abuse and violence against women in this region put their names for a D&G White Ribbon Network, which will be developed soon.

Working with WRS gives the DAVAWP the opportunity to invite all men, who believe that violence against women is wrong, to sign the pledge to ***"Never to commit, condone, or remain silent about men's violence against women in all its forms"***.

To sign the pledge on line, please follow this link:  
<http://www.whiteribboncampaign.co.uk/makepledge>

If you would like to have more information about ways of being involved, please contact:

**Luis Pombo**, Research and Information Officer – Domestic Abuse

E-mail: [Luis.Pombo@dumgal.gov.uk](mailto:Luis.Pombo@dumgal.gov.uk)

**Kerry Herriott**, Development Officer – Domestic Abuse

E-mail: [Kerry.Herriott@dumgal.gov.uk](mailto:Kerry.Herriott@dumgal.gov.uk)

Dumfries &

Galloway

Together is  
Better

Domestic Abuse And Violence Against Women Partnership (DAVAWP) and White Ribbon Scotland  
– Working Together in Dumfries and Galloway –



[www.c4urself.org.uk](http://www.c4urself.org.uk)

Nithbank  
Dumfries  
DG1 2SD

Tel: 08457 023687

Email: [dqsexualhealth@nhs.net](mailto:dqsexualhealth@nhs.net)

Send us your news for the next issue, due August 2011